Confidence

Don’t shy away from breastfeeding.

Many new mothers worry about breastfeeding around others, even around people they know. With a little planning and practice, they soon find they can breastfeed anytime, anywhere. And you will too.

PAY ATTENTION TO YOUR BABY’S BEHAVIOR

Feed your baby when he shows the first signs of hunger, such as increased alertness or activity, smacking his lips, making suckling motions, or moving his head around in search of your breast. This will be more relaxing for both of you. Paying attention to your baby’s behavior will help you get to a comfortable place to feed him.

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loving support©

MAKES BREASTFEEDING WORK

USE A NURSING COVER OR BLANKET.

Sometimes, breastfeeding discreetly in public is as simple as throwing a blanket over your shoulder. Loose-fitting tops that pull up from the bottom or unbuttoning your shirt from the bottom can be helpful. Special nursing bras and tops can also make it easier. With a little practice (try looking in a mirror at home), you will soon learn how to breastfeed so you are comfortable around others.

FIND A QUIET PLACE.

Even if you are out in public, you can usually find a quiet spot for breastfeeding – a dressing room, restaurant booth or your parked car. Stores and shopping malls may have special rooms for breastfeeding moms. And if you are at a friend's house, don't be afraid to ask if there is a room you can use for some privacy.

FOCUS ON YOUR BABY, NOT WHAT OTHER PEOPLE SAY.

When babies get hungry, they need to eat (just like the rest of us!). Some people may act like you shouldn't breastfeed in public. You know you are doing the right thing for you and your baby, so you can feel proud and confident when feeding your baby while out and about.

Support for breastfeeding is growing but some people still lack awareness. Many States have laws that protect you when breastfeeding your baby in public. Talk to your WIC clinic about breastfeeding laws in your area.

SEEK OUT THE LOVING SUPPORT OF THOSE AROUND YOU AND YOUR BABY.

Support for breastfeeding comes from many people – your family, your friends, other moms who have breastfed (or wished they had), WIC, and your health care provider. If someone you know asks about breastfeeding in public, explain why it is a good decision for you and your baby.

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